

Results

The prevalence of ulcers on the face was of 26.7 % with a mean onset time of 3.3 ± 1.1 days. Participants were mostly males (70 %), with a mean age of 74.2 ± 10.3 years. Those who have developed an ulcer showed an older average age of 76.5 years, 16.7 % were changing sensitivity, 16.7 % had the facial skin intact and dry, 26.7 % used reused masks and 16.7 % had an ulcer Grade II. There was a statistically significant positive correlation between the development of an ulcer with the number of hours of daily NIV, the number of days of NIV, days of hospitalization, and a negative correlation with the level of consciousness.

Conclusions

We observed a high prevalence of ulcers. Thus, this emphasizes the need for further research to increase knowledge to subsidize ulcer prevention interventions in patients with NIV.

Keywords

Non-invasive ventilation, nose ulcers, facial ulcers, pressure ulcers

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The elder hospitalized: Limiting factors of comfort

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Background

Hospitalization causes significant changes in the lives of the elderly, due to factors such as the environment, changes in routines, loss of functional capacity, among others. Therefore, it is crucial to identify the contextual factors that emerge as discomforting. Objectives: To identify the limiting factors for comfort on hospitalized elderly.

Methods

It is a descriptive study using qualitative methods of data gathering, guided by the ethnographic method. Semi-structured interviews were conducted with 20 elderly patients, audio-recorded and submitted for content analysis [1]. The patients were selected from admissions to the medical services of a Central Hospital, in Lisbon. There was participant observation in order to understand the situational experiences, based on previously structured scripts [2].

Results

Regarding the action context, the factors that emerged, that cause discomfort included environmental conditions (light, noise, equipment, colour, temperature, natural or artificial elements of the environment); quality of food; the absence of activities as well as the lack of human resources and time to care.

Conclusions

Comfort nursing care is challenged by the unpredictability of circumstances surrounding the satisfaction of multiple health needs and resources for caring. The action context, related to all its elements, can be limitative of the humanization and completeness in geriatric comfort care, which has a negative impact on the comforting experience of the elderly in hospital.

References

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Keywords

Elderly, hospitalization, limiting factors, comfort

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Physical activity and health state self-perception by Portuguese adults

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Background

According to the World Health Organization (2015) [1], physical activity translates into significant health benefits and the lack of its practice constitutes a fundamental risk factor in non-transmitted diseases. Objectives: to determine physical activity levels in adults that go (N=150) or do not go (N=206) to a gym and relate them with health self-perception (from mediocre to very good).

Methods

Data was collected through the International physical activity questionnaire (IPAQ) and analysed using SPSS 23 for Windows.

Results

In accordance with the minimal weekly referential of vigorous (75') and moderate (150') practice recommended by WHO, we found that 98.6 % of practitioners achieved the recommendations, against the 54.8 % of non-practitioners. Only 27.6 % of non-practitioners against 63.3 % of practitioners achieves or surpasses the weekly moderate activity referential recommended by WHO for additional health benefits (300').

In contrast with different health states of participants, some significant differences manifest ($p < .05$) in frequency and duration of diverse physical activity types, but not in the sitting time. Also, in the same analysis, divided in practitioners and non-practitioner's subgroups, no significant differences were observed ($p < .05$)

Health states Good and Very Good revealed themselves statistically in contrast ($p > .05$) of frequency and duration of moderate and vigorous activities, between practitioners and non-practitioners, with the first having advantage, the same not happening in light activities and in sitting time.

Conclusions

Results confirm recent studies [2, 3] and highlight the urgent necessity of promoting physical activity as a health and well-being promoting factor in populations.

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Keywords

Health state, physical activity, IPAQ

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Satisfaction with social support in the elderly of the district of Bragança

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